The twenty verbs listed below describe some of the ways people feel and act from time to time. Think of your behavior in interaction with other people. How do you feel and act with other people. Check the five verbs that best describe your behavior in interaction with others as you see it.

____ acquiesces	____ disapproves
____ advises	____ evades
____ agrees	____ initiates
____ analyzes	____ judges
____ assists	____ leads
____ concedes	____ obliges
____ complies	____ relinquishes
____ coordinates	____ resists
____ criticizes	____ retreats
____ directs	____ withdraws

There are two underlying factors or traits involved in the list of adjectives. DOMINANCE (Authority or control) and SOCIABILITY (intimacy or friendliness). Most people tend to like to control things (high dominance) or let others control things (low dominance). Similarly, most people tend to be very warm and personable (high sociability) or to be somewhat cold and impersonal (low sociability).

In the following boxes, circle the five adjectives you used to describe yourself in group activities. The set in which three or more adjectives are circled out of the five represents your interpersonal-pattern tendency in that group.

	HIGH DOMINANCE	LOW DOMINANCE
HIGH SOCIABILITY	Advises Coordinates Directs Initiates Leads	Acquiesces Agrees Assists Complies Obliges
LOW SOCIABILITY	Analyzes Criticizes Disapproves Judges Resists	Concedes Evades Relinquishes Retreats Withdraws

FRIENDSHIP RELATIONS SURVERY

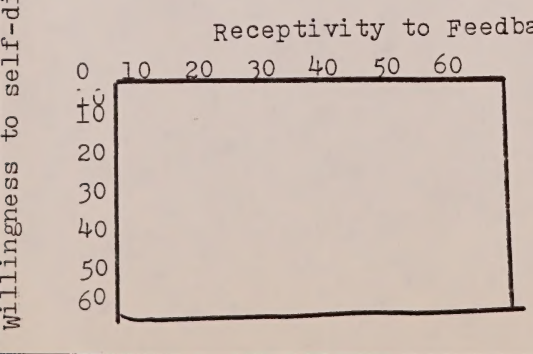
SCORE SHEET

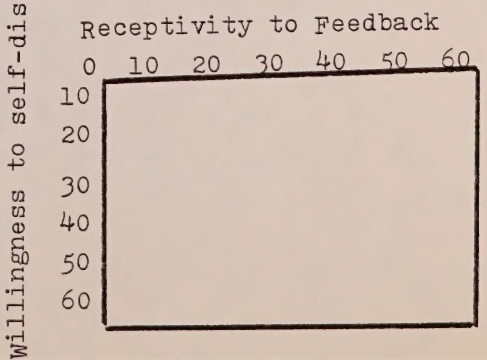
In the Friendship Relations Survey, there are 12 questions that deal with your willingness to Self-disclose and 12 questions that deal with your ability to receive feedback. Transfer your scores to this answer sheet.

Reverse the scoring for all questions that are starred; that is, if you answered #5 , record the score of 1; if you answered 4 record the score of 2; if you answered 3 record the score of 3; if you answered 2 record the score of 4; if you answered 1, record the score of 5. Then add the scores in each column.

Willingness to Self-Disclose		Receptivity to Feedback	
*1.		2.	
3.		4.	
*5.		6.	
7.		*8.	
*9.		10.	
11.		*12.	
*13.		14.	
15.		*16.	
*17.		18.	
19.		*20.	
*21.		22.	
23.		*24.	
Total.		Total.	

	Your Score	Group Score
Receptivity to Feedback		
Willingness to self-disclose		
Interpersonal risk-taking		





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FRIENDSHIP RELATIONS SURVERY

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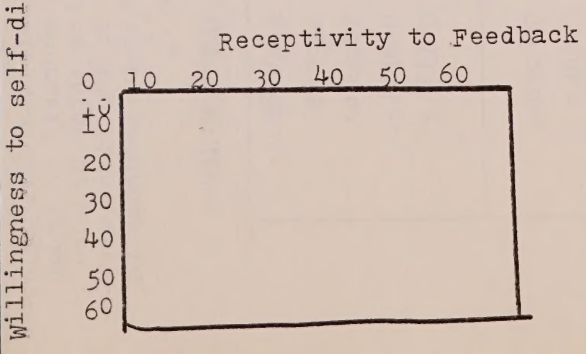
Willingness to Self-Disclose

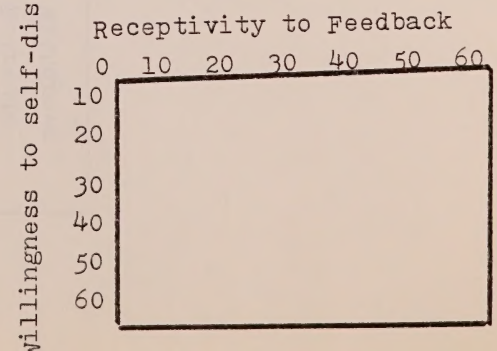
*1. _____
3. _____
*5. _____
7. _____
*9. _____
11. _____
*13. _____
15. _____
*17. _____
19. _____
*21. _____
23. _____
Total. _____

Receptivity to Feedback

2. _____
4. _____
6. _____
*8. _____
10. _____
*12. _____
14. _____
*16. _____
18. _____
*20. _____
22. _____
*24. _____
Total. _____

	Your Score	Group Score
Receptivity to Feedback		
Willingness to self-disclose		
Interpersonal risk-taking		





FRIENDSHIP RELATIONS SURVEY

1. You work with a friend, but some of his mannerisms and habits are getting on your nerves and irritating you. More and more you avoid interacting with or even seeing your friend.
   Never 1 2 3 4 5 Always

2. In a moment of weakness, you give away a friend's secret. Your friend finds out and calls to ask about it. You admit to it and talk to your friend about how to handle secrets better in the future.
   1 2 3 4 5

3. You have a friend who never seems to have time for you. You ask him about it, telling him how you feel.
   1 2 3 4 5

4. Your friend is upset at you because you have inconvenienced him, he tells you how he feels. You tell him he is too sensitive and is over-reacting.
   1 2 3 4 5

5. You had a disagreement with a friend and now she ignores you whenever she is around you. You decide to ignore her back.
   1 2 3 4 5

6. A friend has pointed out that you never seem to have time for him. You explain why you have been busy and try for a mutual understanding.
   1 2 3 4 5

7. At great inconvenience you arrange to take a friend to the doctor's office, when you arrive to pick him up, you find he has decided not to go. You explain to him how you feel, and try to reach an understanding about future favors.
   1 2 3 4 5

8. You have argued with a friend and are angry with her, ignoring her when you meet. She tells you how she feels and asks about restoring the friendship. You ignore her and walk away.
   1 2 3 4 5

9. You have a secret that you have told only to your best friend. The next day an acquaintance asks you about the secret. You deny the secret and decide to break off the relationship with your good friend.
   1 2 3 4 5

10. A friend who works with you tells you about some of your mannerisms and habits that get on her nerves. You discuss these with your friend and look for some possible ways of dealing with the problem.
    1 2 3 4 5

11. Your best friend gets involved in something illegal that you believe will lead to serious trouble. You decide to tell your friend how you disapprove of his involvement in the situation.
    1 2 3 4 5

12. In a moment of weakness, you give away a friend's secret. Your friend finds out and calls you to ask about it. You deny it firmly.
    1 2 3 4 5

13. You have a friend who never seems to have time for you. You decide to forget her and start looking for new friends.
1 2 3 4 5

14. You are involved in something illegal, and your friend tells you of her disapproval and fear that you will get in serious trouble. You discuss it with your friend.
1 2 3 4 5

15. You work with a friend, but some of her mannerisms and habits are getting on your nerves and irritating you. You explain your feelings to your friend, looking for a mutual solution to the problem.
1 2 3 4 5

16. A friend has pointed out that you never seem to have time for him. You walk away.
1 2 3 4 5

17. Your best friend gets involved in something illegal that you believe will lead to serious trouble. You decide to mind your own business.
1 2 3 4 5

18. Your friend is upset because you have inconvenienced him. He tells you how he feels. You try to understand and agree on a way to keep it from happening again.

19. You had a disagreement with a friend, and now she ignores you whenever she is around you. You tell her how her actions make you feel and ask about restoring the friendship.
1 2 3 4 5

20. A friend who works with you tells you about some of your mannerisms and habits that get on his nerves. You listen and walk away.
1 2 3 4 5

21. At great inconvenience, you arrange to take a friend to the doctor's office. When you arrive to pick him up, you find he has decided not to go. You say nothing but resolve never to do any favors for that person again.
1 2 3 4 5

22. You have argued with a friend and are angry with her; ignoring her when you meet. She tells you how she feels and asks about restoring the friendship. You discuss ways of maintaining your friendship, even when you disagree.
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23. You have a secret that you have told only to your best friend. The next day, an acquaintance asks you about the secret. You call your friend and ask him about it, trying to come to an understanding how to handle secrets better in the future.
1 2 3 4 5

24. You are involved in something illegal and your friend tells you of her disapproval and fear that you will get in serious trouble. You tell your friend to mind her own business.
1 2 3 4 5

1. You would never act this way. 2. You seldom would act this way.
3. You sometimes would act this way. 4. You frequently would act this way.
5. You always would act this way.

FRIENDSHIP RELATIONS SURVEY

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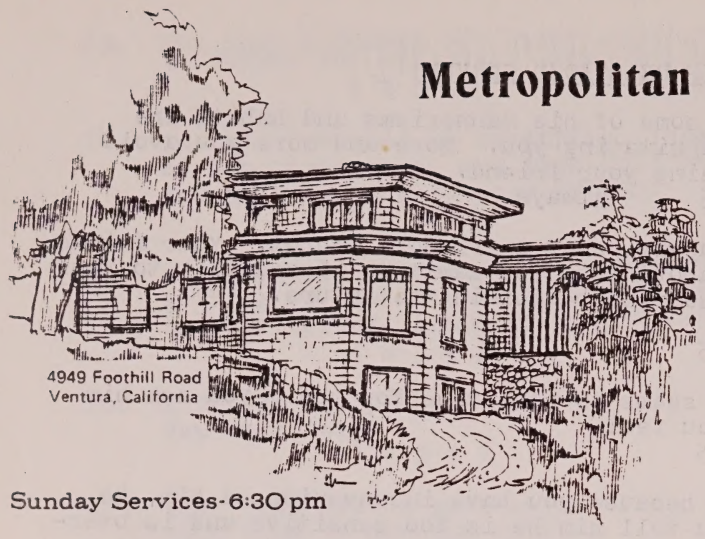
Metropolitan Community Church

OF VENTURA



4949 Foothill Road
Ventura, California

Sunday Services-6:30 pm

Rev. Marge Ragona, Pastor
Mailing Address:
Box A-0
Ventura, Ca. 93001
805-485-9994

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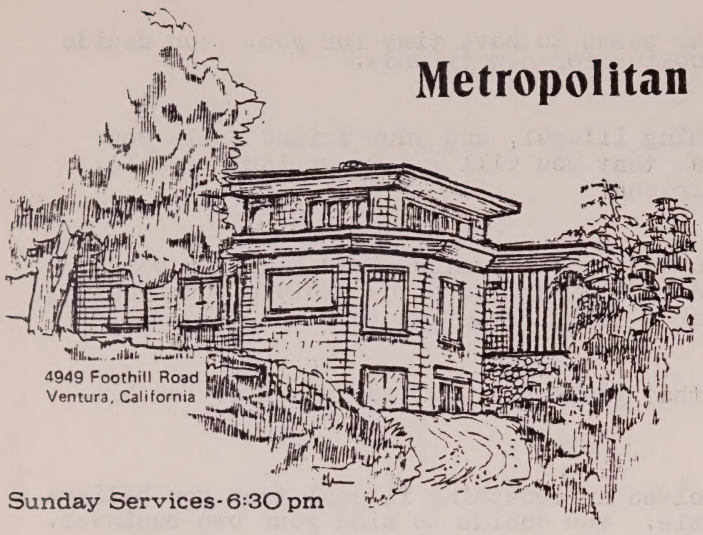

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*1.		2.	
3.		4.	
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7.		*8.	
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11.		*12.	
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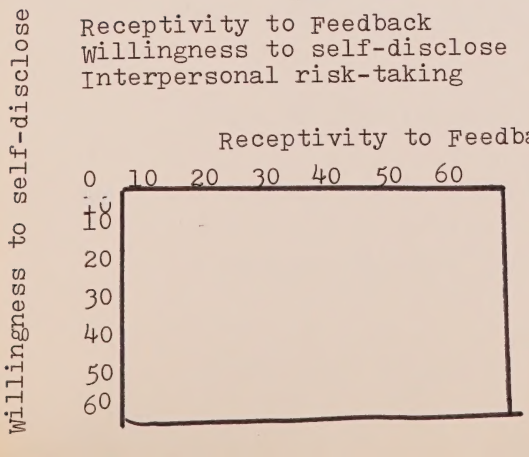

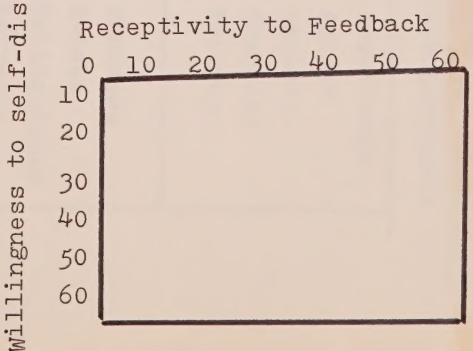

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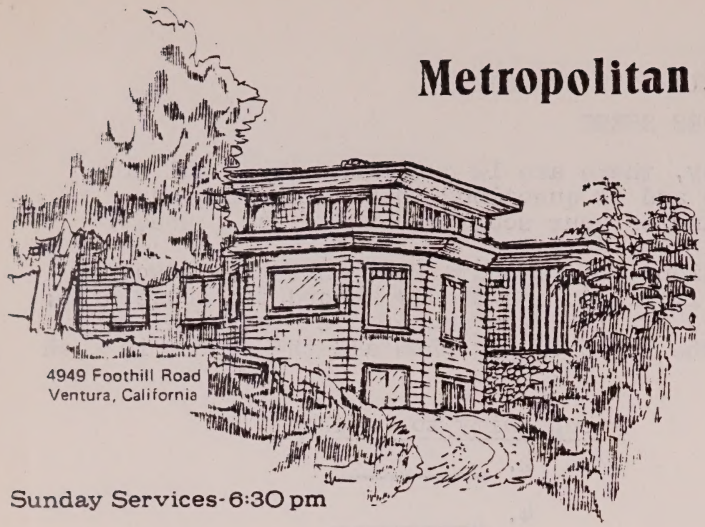

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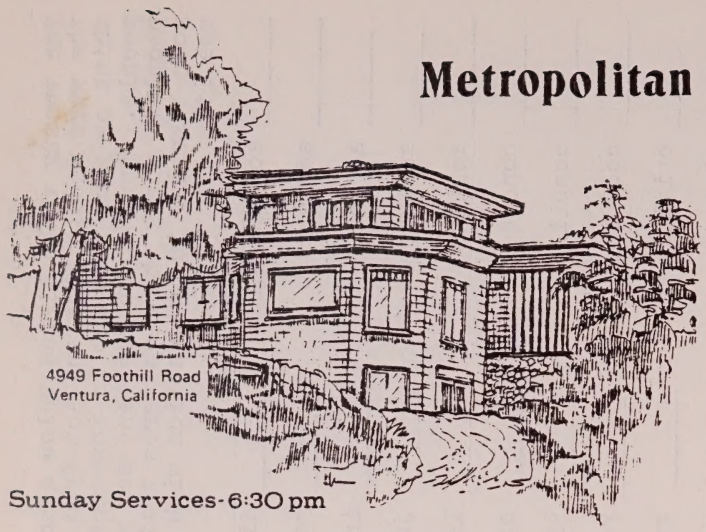
Metropolitan Community Church

OF VENTURA



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What is difficult for you to do?

What is the thing your worst enemy would say about you? Why?

What is the thing your best friend would say about you? Why?

What is difficult for you to do? Why?

How do you define friendship? What do you value in a friend?

What value is most important to you?

If you werent you, who would you be? Why?

If you weren't what you are, what would you be? Why?

How do you deal with your own anger?

Where do you go to be alone?

What is your favorite object? Why?

What do you most often dream about?

When do you feel most uncomfortable?

Under what circumstances would you tell a lie?

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What is the thing your best friend would say about you? Why?

What is difficult for you to do? Why?

How do you define friendship? What do you value in a friend?

What value is most important to you?

If you werent you, who would you be? Why?

If you weren't what you are, what would you be? Why?

How do you deal with your own anger?

Where do you go to be alone?

What is your favorite object? Why?

What do you most often dream about?

When do you feel most uncomfortable?

Under what circumstances would you tell a lie?

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FRIENDSHIP RELATIONS SURVEY

1. You work with a friend, but some of his mannerisms and habits are getting on your nerves and irritating you. More and more you avoid interacting with or even seeing your friend.
   Never 1 2 3 (4) 5 Always

2. In a moment of weakness, you give away a friend's secret. Your friend finds out and calls to ask about it. You admit to it and talk to your friend about how to handle secrets better in the future.
   1 2 (3) 4 5

3. You have a friend who never seems to have time for you. You ask him about it, telling him how you feel.
   1 2 3 (4) 5

4. Your friend is upset at you because you have inconvenienced him, he tells you how he feels. You tell him he is too sensitive and is over-reacting.
   (1) 2 3 4 5

5. You had a disagreement with a friend and now she ignores you whenever she is around you. You decide to ignore her back.
   (1) 2 3 4 5

6. A friend has pointed out that you never seem to have time for him. You explain why you have been busy and try for a mutual understanding.
   1 2 3 4 (5)

7. At great inconvenience you arrange to take a friend to the doctor's office, when you arrive to pick him up, you find he has decided not to go. You explain to him how you feel, and try to reach an understanding about future favors.
   1 2 3 4 5

8. You have argued with a friend and are angry with her, ignoring her when you meet. She tells you how she feels and asks about restoring the friendship. You ignore her and walk away.
   (1) 2 3 4 5

9. You have a secret that you have told only to your best friend. The next day an acquaintance asks you about the secret. You deny the secret and decide to break off the relationship with your good friend.
   (1) 2 3 4 5

10. A friend who works with you tells you about some of your mannerisms and habits that get on her nerves. You discuss these with your friend and look for some possible ways of dealing with the problem.
    1 2 3 4 (5)

11. Your best friend gets involved in something illegal that you believe will lead to serious trouble. You decide to tell your friend how you disapprove of his involvement in the situation.
    1 2 (3) 4 5

12. In a moment of weakness, you give away a friend's secret. Your friend finds out and calls you to ask about it. You deny it firmly.
    (1) 2 3 4 5

13. You have a friend who never seems to have time for you. You decide to forget her and start looking for new friends.
1 2 3 4 5

14. You are involved in something illegal, and your friend tells you of her disapproval and fear that you will get in serious trouble. You discuss it with your friend.
1 2 3 4 5

15. You work with a friend, but some of her mannerisms and habits are getting on your nerves and irritating you. You explain your feelings to your friend, looking for a mutual solution to the problem.
1 2 3 4 5

16. A friend has pointed out that you never seem to have time for him. You walk away.
1 2 3 4 5

17. Your best friend gets involved in something illegal that you believe will lead to serious trouble. You decide to mind your own business.
1 2 3 4 5

18. Your friend is upset because you have inconvenienced him. He tells you how he feels. You try to understand and agree on a way to keep it from happening again.

19. You had a disagreement with a friend, and now she ignores you whenever she is around you. You tell her how her actions make you feel and ask about restoring the friendship.
1 2 3 4 5

20. A friend who works with you tells you about some of your mannerisms and habits that get on his nerves. You listen and walk away.
1 2 3 4 5

21. At great inconvenience, you arrange to take a friend to the doctor's office. When you arrive to pick him up, you find he has decided not to go. You say nothing but resolve never to do any favors for that person again.
1 2 3 4 5

22. You have argued with a friend and are angry with her; ignoring her when you meet. She tells you how she feels and asks about restoring the friendship. You discuss ways of maintaining your friendship, even when you disagree.
1 2 3 4 5

23. You have a secret that you have told only to your best friend. The next day, an acquaintance asks you about the secret. You call your friend and ask him about it, trying to come to an understanding how to handle secrets better in the future.
1 2 3 4 5

24. You are involved in something illegal and your friend tells you of her disapproval and fear that you will get in serious trouble. You tell your friend to mind her own business.
1 2 3 4 5

1. You would never act this way. 2. You seldom would act this way.
3. You sometimes would act this way. 4. You frequently would act this way.
5. You always would act this way.